



The Journal

Vol. 28

No. 18

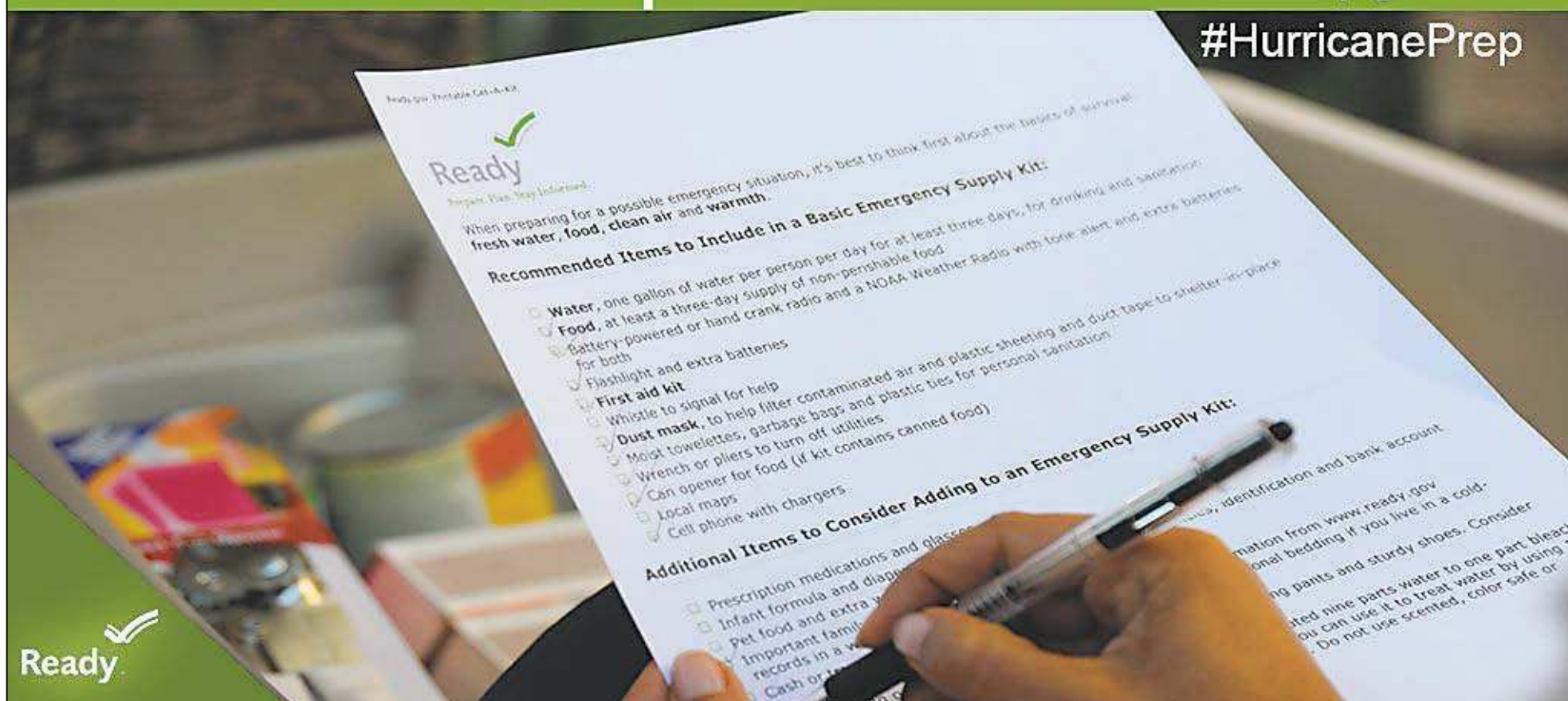
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May 5, 2016

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#HurricanePrep



COURTESY GRAPHIC

NSAB Readies for Hurricane Season

By **ANDREW DAMSTEDT**
NSAB Public Affairs staff writer

Naval Support Activity Bethesda (NSAB) is set to participate in a hurricane and destructive weather readiness training May 9-20.

The annual exercise known as Hurrex-Citadel Gale 2016 is designed to test Naval District Washington installations on their readiness to respond to severe weather. As part of the exercise NSAB will prepare for a Category 1 Hurricane that will make landfall near Joint Base Anacostia Bolling and will result in heavy rain and floods on NSAB.

NSAB Emergency Management Officer Ron Kunz said this exercise is geared toward getting prepared for hurricane season, which starts June 1 and lasts until November.

"It's to get people to start thinking about, 'What if this was a real hurricane

coming?'" he said. "It's a good opportunity to remind everyone to make sure they have plans not only at work, but at home."

There are checklists that each tenant command will go over to make sure they know NSAB's Destructive Weather Plan and their responsibilities during such an event. For example, Kunz said some commands, when preparing for a storm, should make sure all their vehicles have a full tank of gasoline or notify maintenance of any broken windows or leaks in buildings.

May 18, there will be a mock Emergency Family Assistance Center set up in Building 11 where the Fleet and Family Support Center and American Red Cross will go through training on how to care for people who need assistance after a severe weather event.

Kunz said it is a good idea for each person to have a disaster supplies go-

kit, which would include bottled water and a three-to-five day supply of non-perishable food, a first aid kit, cash and any important documents. For more information on creating a go-kit, visit www.ready.gov/hurricane-toolkit or www.ready.navy.mil.

NSAB notifies personnel of potential severe weather through several outlets including Everbridge weather alerts, emails and Postmaster notifications.

After a disaster, the Navy and Marine Corps use the Navy Family Accountability and Assessment System (NFAAS) to determine the status and needs of Navy and Marine service members, employees, and their families. NFAAS is accessible online at <https://navyfamily.navy.mil>.

The Army uses the U.S. Army Disaster Personnel Accountability and Assessment System, <https://adpaas.army.mil/cas/login>; the Air Force uses the

Air Force Personnel Accountability and Assessment System, <https://afpaas.af.mil/cas/login>; and the Coast Guard uses the Coast Guard Personnel Accountability and Assessment System, <https://cgpaas.uscg.mil/cas/login>.

Department of Defense employees and contractors will assemble through their specific chain of command.

Hurrex-Citadel Gale 2016 is taking place during National Hurricane Preparedness Week, May 15-21. Some of the recommendations on the National Oceanic and Atmospheric Administration website, www.nws.noaa.gov/com/weatherreadynation/hurricane_preparedness.html, include determining risk for various weather events, developing an evacuation plan, checking on insurance levels, making any repairs necessary to a home and developing a written hurricane plan.

Construction Update #2: Brown Drive Closure, Traffic Notes



PHOTO BY MCSN WILLIAM PHILLIPS

Due to ongoing construction, a section of Brown Drive closed to vehicle and pedestrian traffic May 1.

Editor's Note: This is the second in an ongoing series of articles that are published on this page in the first issue of The Journal each month and provide updates on construction projects occurring on Naval Support Activity Bethesda.

Construction upgrades at Walter Reed National Military Medical Center (WRNMMC) and NSAB began in late 2015 and are expected to continue for seven to 10 years.

Here you'll find useful information ranging from project announcements and updates to road closures and detours; impacts to pedestrians, vehicles, parking and facilities; and stories and news about the diverse team of professionals who make these projects happen safely.

Due to ongoing construction, a section of Brown Drive (which runs adjacent to the Bldg. 54 staff and Bldg. 55 patient parking garages, and is between them and WRNMMC) closed to vehicle and pedestrian traffic between both parking garages May 1, and is scheduled to remain closed until January 2017. Drivers will still be able to enter Bldg. 54 and 55 from Brown Dr. as well as exit along this same road. There will be no thru traffic from South Palmer Road to North Palmer Road for the duration of the closure.

For pedestrians, access from Bldg. 55 to Bldgs. 2,4,6,7 and 8 will be unavailable. Pedestrian entry and exit to Bldg. 8 will be maintained to the north. Pedestrians must

use crosswalks, follow directions from flaggers and remain clear of construction zones for their safety.

If you drive to NSAB and park in either of those garages, you will have to watch for posted signage and plan your commute to enter the appropriate gate that coincides with your parking location. Drivers are also asked to follow posted detour sign and refrain from making illegal maneuvers, such as U-turns.

As we work to accomplish these construction projects and minimize impacts to patients, staff and visitors, whether as pedestrians or drivers, we ask for your understanding, cooperation and patience. Please check back here next month for more updates.

Bethesda Notebook

Troop Command Town Hall
Army Col. Richard Lindsay, commander of Troop Command North hosts town hall meetings May 9 at 7 a.m. and 12:30 p.m. in Memorial Auditorium. All Soldiers at Walter Reed National Military Medical Center are encouraged to attend.

WRNMMC Town Hall
Walter Reed National Military Medical Center's town hall meetings are May 10 at 7:30 a.m. in Clark Auditorium and noon in Memorial Auditorium. Topics to be discussed include a summary of climate survey results; a construction update; and leadership changes. All are encouraged to attend.

Flag, General Officers Panel
A flag and general officers panel will discuss mentorship and leadership May 11 from 2 to 3 p.m., followed by a junior-senior leaders social until 5 p.m. All military personnel are welcome, and O-1 through O-3 are encouraged to attend. Panel members expected to attend include Vice Adm. Raquel C. Bono, Maj. Gen. Leslie C. Smith, Maj. Gen. Brian C. Lein, Rear Adm. Sylvia Trent-Adams and Rear Adm. David A. Lane. For more information, contact Army Capt. Laurence Webb at 301-400-1012.

Published by offset every Thursday by DC Military, 29088 Airpark Drive, Easton, MD 21601, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color,



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News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-921-2800. Publisher's advertising offices are located at DC Military, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 301-645-0900.

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Staff Sgt. Motivated by Wounded Warriors

By MCSN WILLIAM PHILLIPS
NSAB Public Affairs staff writer

A Soldier going through the Warrior Transition Brigade (WTB) asked Staff Sgt. Loriann DeMelis, an inpatient squad leader at the WTB, if she had done her pull-ups.

"No, once you start doing them I'll start doing them," DeMelis said.

The Soldier rolled his wheelchair into DeMelis' doorway, raised himself up to the pull-up bar that hung in her doorway, put his prosthetic arm and then his other arm on the bar and started doing pull-ups right out of his wheelchair.

"It's amazing how resilient these service members are," said DeMelis. "It motivated me to help these service members as much as I can."

Like some people who enlist in the military, DeMelis was not sure about what she wanted to do for a living after high school.

"After high school I was walking around aimlessly," said DeMelis. "I was working but I wasn't sure what to do. So one day I went to talk to an Army recruiter, it sounded like something I could see myself doing so I decided to enlist."

DeMelis enlisted in the Connecticut National Guard's military police in 1984 and deployed with the District of Columbia Army National Guard's 275th Military Police Company from January 1991 to May 1991 in support of Operation Desert Storm/Desert Shield. After returning from deployment she decided to separate from the military in 1992.

"I got out after Desert Storm because I went through a lot of emotions," said DeMelis. "It was my first deployment, I was young and scared, and thought 'I don't ever want to do this again.' I got out in fear of getting deployed again."

For the next 14 years, she worked odd jobs with no

upward mobility or long-term benefits.

"Again I came to a point in my life where I changed careers from carpentry to teaching golf. Even though it was fun, there was no future or retirement," said DeMelis.

After seeing the United States' response to 9/11 and the situation in Iraq, she decided to enlist again.

"I came back in 2006 because of everything that was going on in Iraq and Afghanistan. I just felt at that time in my life that could help," said DeMelis. "I wanted to go fight for my country."

DeMelis deployed in 2007 in support of Operation Iraqi Freedom. This second deployment shaped her future.

"I lost my squad leader two weeks into a deployment in Iraq, which was pretty devastating," said DeMelis. "We had a few other injuries throughout the deployment."

As a result of her experiences, DeMelis wanted to serve in a more permanent capacity and have a larger impact so she found a way to volunteer and serve on active duty as a squad leader supporting the WTB.

"My lieutenant was shot in the neck by a sniper and he was here at Walter Reed for years," said DeMelis. "I think that's what drew me to the WTB here. It was my lieutenant being injured that made me want to come here."

For DeMelis, serving as a squad leader at the WTB has been both rewarding and humbling.

"Words can't describe what it is like serving as a squad leader here," said DeMelis. "It is extremely rewarding seeing these service members coming back from down range; to be able to be there for them and their families, and to see them going from barely being alive in the hospital, to living a normal life. To see that day in and day out is a humbling experience."



PHOTO BY MCSN WILLIAM PHILLIPS

Staff Sgt. Loriann DeMelis poses for a photo.

For the first few years in her demanding role as squad leader, it was hard for DeMelis to keep control of her emotions.

"There are times where you lose [service members] and it gets emotional," said DeMelis. "The first couple of years were very stressful and emotional and it was hard to keep my feelings in check. There were times that I had to shut my door and cry. When it got really bad there were times that I had to reach out to behavioral health."

Recognizing the positive impact it has had, DeMelis continues to utilize behavioral health.

"I grew up keeping my emotions and feelings inside so behavioral health allows me to let out what

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WRNMMC Salutes Civilians of the Year, Quarterly Award Winners

By BERNARD S. LITTLE
WRNMMC Public
Affairs staff writer

Walter Reed National Military Medical Center (WRNMMC) recognized its 2015 Civilians of the Year (COY) during an awards ceremony April 21 in Memorial Auditorium. In addition, WRNMMC's quarterly award winners were honored during the ceremony.

Luis Ortiz-Franquiz, Thitirat Mhanaojyakorn and Dineta Haughton earned 2015 COY honors for WRNMMC in various clinical/patient care and administrative/support categories.

Ortiz-Franquiz, of the Oral and Maxillofacial Surgery (OMFS) Clinic, earned the award for Clinical/Patient Care Junior Civilian of the Year. A supervisory health technician, Ortiz-Franquiz is credited with working to decrease patient procedural times while improving cost savings and efficiency in the OMFS Clinic.

"Mr. Ortiz-Franquiz is a model leader who truly leads from the front by sharing his vast expanse of knowledge and experience with all of his peers, as well as the residents



PHOTO BY BERNARD S. LITTLE/WALTER REED NATIONAL MILITARY MEDICAL CENTER (WRNMMC)

Director Rear Adm. (Dr.) David A. Lane (left), Command Master Chief Tyrone Willis (right) and Civilian Advisor to the Board of Directors David Rohrbaugh (second from left) congratulate WRNMMC 2015 Civilians of the Year (beginning third from left) Thitirat Mhanaojyakorn, Dineta Haughton and Luis Ortiz-Franquiz.

and staff surgeons," states a letter of commendation he received. WRNMMC Director, Rear Adm. (Dr.) David A. Lane, signed all of the commendation

letters to the honorees.

"[Ortiz-Franquiz's] dedication to budget management and attention to detail has saved the OMFS Clinic

over \$200,000 annually by reducing potentially wasted consumable supplies. In an effort to maximize efficiency and decrease patient procedural times, Mr. Ortiz-Franquiz has also combined over 10 surgical sets, thereby creating a more streamlined surgical experience and enhancing technician motion economy and surgeon satisfaction," the commendation continues. "[He] also provides extremely important interpretation skills for the OMFS Clinic. [His] unsurpassed surgical assisting skills and knowledge of supply, as well as his caring attitude towards patients make him extremely valuable to the [OMFS] Clinic," the commendation states.

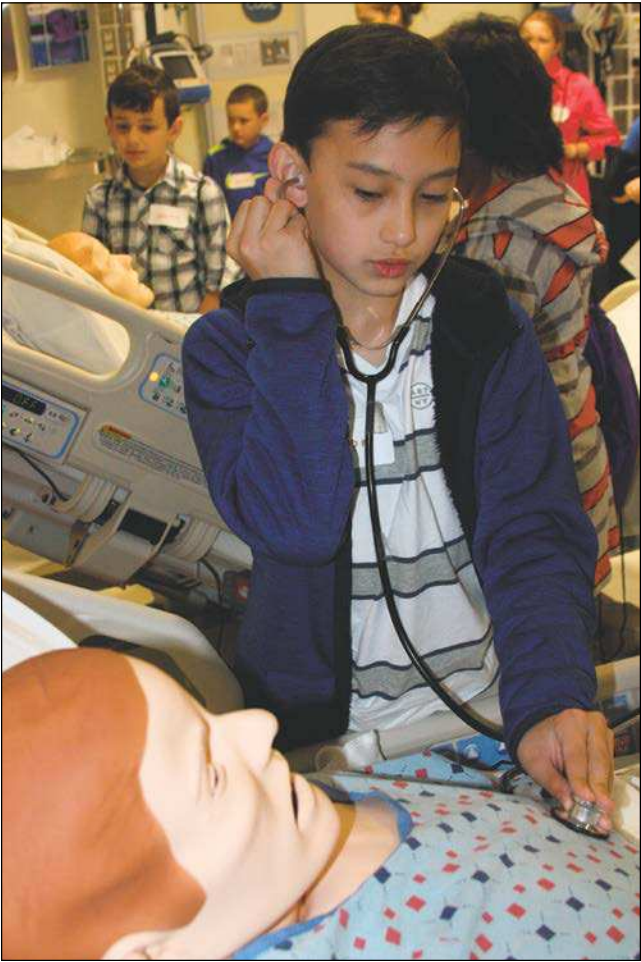
Mhanaojyakorn received similar accolades for earning the Administrative/Support Senior Civilian of the Year honor. A financial management analyst in the Fiscal Accounting Department, Mhanaojyakorn is responsible for monitoring all balances in excess of \$800 million annually, including

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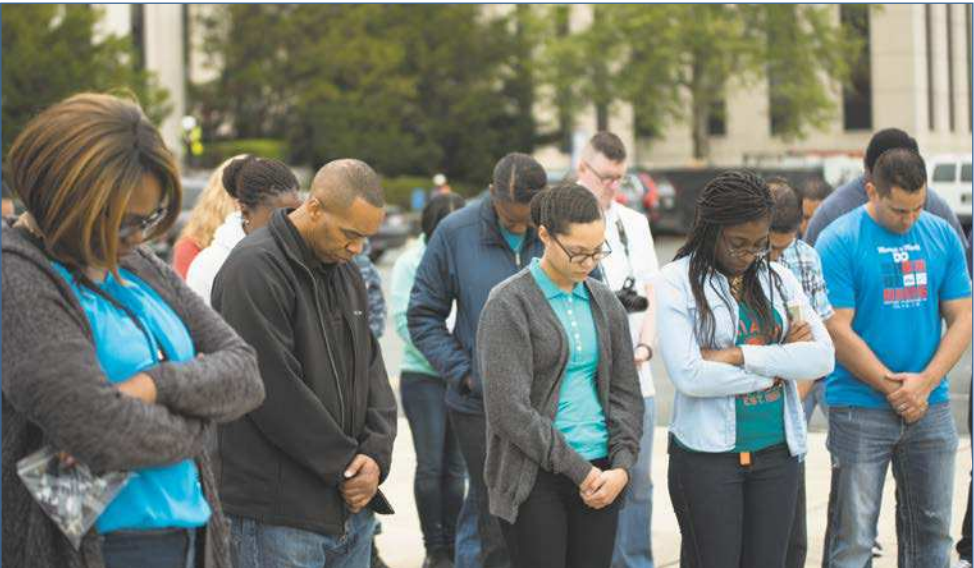
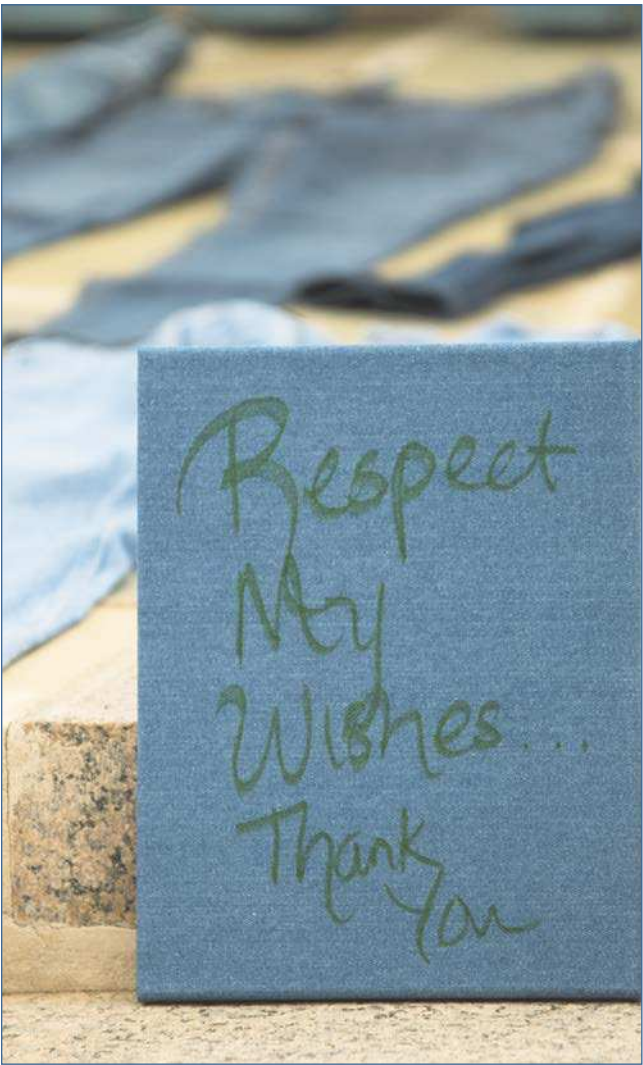
Take Our Daughters, Sons to Work Day

PHOTOS BY MCSN WILLIAM PHILLIPS AND BERNARD S. LITTLE

Children join their parents aboard Naval Support Activity Support Bethesda and Walter Reed National Military Medical Center during Take Our Daughters and Sons To Work Day April 28. Take Our Daughters And Sons To Work helps girls and boys across the nation discover the power and possibilities associated with a balanced work and family life.



NSAB Celebrates Denim Day



PHOTOS BY MCSN WILLIAM PHILLIPS

Service members and civilians aboard Naval Support Activity Bethesda wear denim in observance of Denim Day April 27. The Denim Day campaign, which occurs on a Wednesday in April, was originally triggered by a ruling by the Italian Supreme Court and is in support of Sexual Assault Awareness and Prevention Month.

Dr. Richard Thomas Appointed New USU President

Army Maj. Gen. Richard Thomas, M.D., D.D.S., has been appointed as the new President of Uniformed Services University of the Health Sciences (USU) and will succeed Dr. Charles Rice this summer.

Thomas is an Army physician and dentist who most recently served as Chief Medical Officer and Director of the Defense Health Agency Healthcare Operations Directorate.

Commissioned through the ROTC program at West Virginia University (WVU), Thomas graduated from the WVU School of Dentistry and served in the U.S. Army Dental Corps before receiving his Medical Degree from the WVU School of Medicine in 1994.

He completed his Internship at

Brooke Army Medical Center, Fort Sam Houston, Texas, and residency in Otolaryngology/Head & Neck Surgery at Madigan Army Medical Center, Fort Lewis, Wash. Thomas is certified by the American Board of Otolaryngology/Head & Neck Surgery and is a Fellow in the American College of Surgeons. He is a previous Consultant to The Army Surgeon General in his medical specialty.

Additionally, Thomas served as the Commanding General of Western Regional Medical Command; Chief, U.S. Army Medical Corps and Senior



Thomas

Market Executive for TRICARE Puget Sound Multi-Service Market.

He has served many duty assignments such as Surgeon General, United States Forces – Afghanistan and Senior Medical Advisor, International Security Assistance Forces Joint Command – Afghanistan; Assistant Army Surgeon General (Force Projection), the Pentagon; and Commander, Blanchfield Army Community Hospital, Fort Campbell, Ky.

Operational deployments include Operation Just Cause, Operation Enduring Freedom and Operation Iraqi Freedom.

Among numerous prestigious accolades, Thomas has received the Distinguished Service Medal, Legion of Merit (with two oak leaf clusters),

the Bronze Star Medal (with oak leaf cluster), the Defense Meritorious Service Medal, the Meritorious Service Medal (with two oak leaf clusters), the Air Medal and various campaign medals.

He earned the Army Staff Badge, Combat Medical Badge, Senior Parachutist Badge, Flight Surgeon Badge, Air Assault Badge and the Expert Field Medical Badge. Thomas holds the “A” proficiency designator for expertise in his medical specialty and he has been honored with the Order of Military Medical Merit.

His professional affiliations include the American College of Surgeons, the American Academy of Otolaryngology and various other national and international medical societies.

CDC Holds Olympics



Children at the Child Development Center (CDC) participate in the CDC Olympics April 29. The CDC uses “The Creative Curriculum” to guide staff in assessing and meeting each child’s intellectual, physical, social, creative and emotional needs.

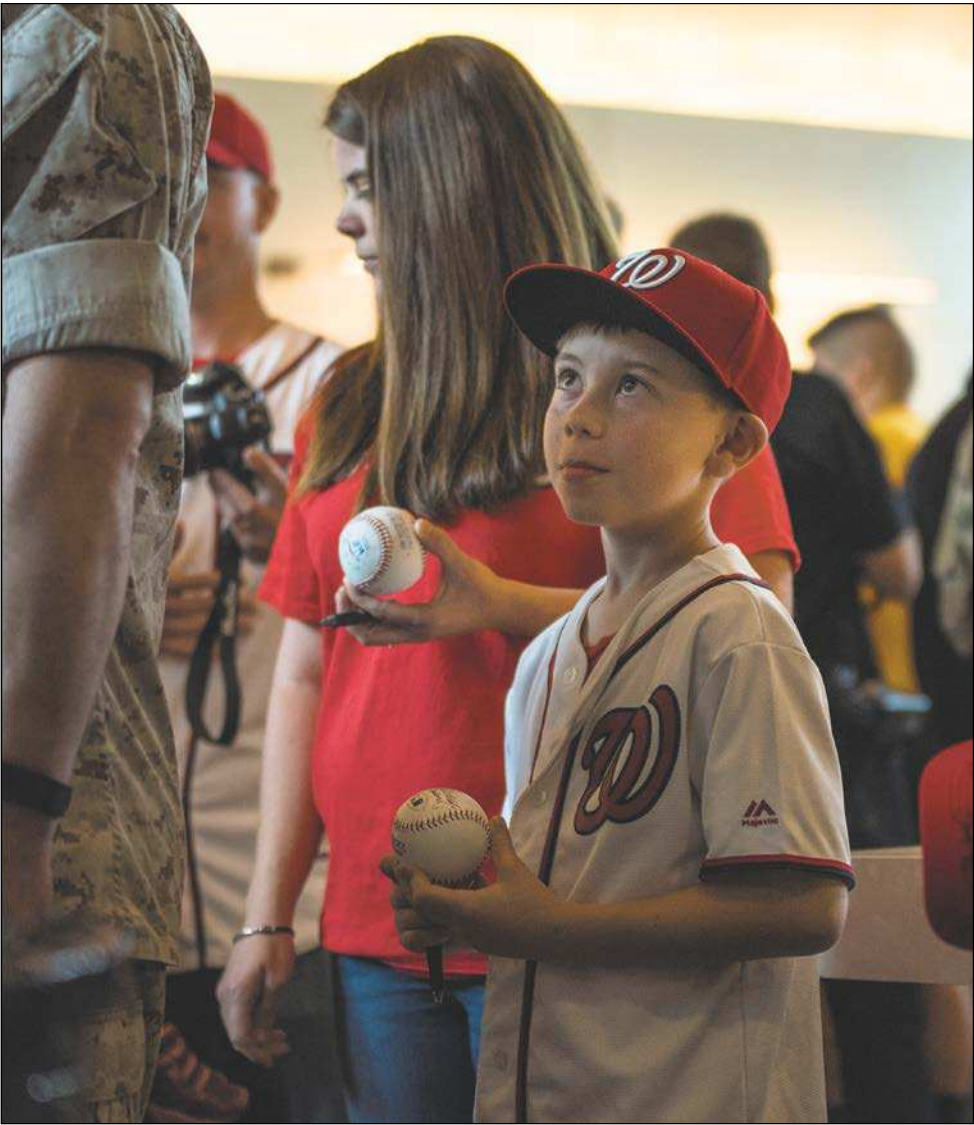
PHOTOS BY AIRMAN MATTHEW HOBSON



Nationals Visit USO

PHOTOS BY AIRMAN MATTHEW HOBSON AND MCSN WILLIAM PHILLIPS

The Washington Nationals visited the USO Warrior and Family Center at Bethesda for a meet and greet with service members aboard Naval Support Activity Bethesda April 27. The Nationals visited in conjunction with Military Appreciation Day at Nationals Park.



Renter's Insurance: Why It's a Must

**By BRIAN PAMPURO, AFC
FFSC Personal Financial Manager**

Imagine getting a call at work and learning that the apartment complex where you reside has just been gutted by a fire, destroyed by a tornado or flooded by broken pipes. Fortunately, your family members and your pets have been evacuated safely and are fine. You're trying to comprehend the message that the caller on the other side of the phone line just conveyed to you. You're relieved that your family members are okay, but what about your personal effects and your household goods?

In most cases, if you are renting, the responsibility of insuring your property rests on your shoulders. This is why one of the first things you should consider once signing a rental agreement is to shop for "renter's insurance."

Your personal belongings are not

typically protected against loss or damage unless you have a renter's insurance policy. Your landlord's property insurance normally covers structural damage but that protection does not extend itself to your personal property nor does it protect you from damage that you might accidentally cause, such as a kitchen fire or plumbing accident. The landlord's insurance does not protect you in cases where someone might get hurt in your rented home or apartment (e.g., tripping and falling over furniture or debris).

Your renter's insurance can cover everything from your electronics, household appliances and clothing to jewelry and collectibles. Some jewelry and collectibles may be limited in coverage and very expensive items may need a special insurance rider written into the policy. Even the slightest loss can add up to thousands

of dollars which can be protected in a basic policy. Your renter's insurance can also provide you a level of liability insurance in the event that someone sues you for injury or damage to

the property of others. A good policy will typically cover the following:

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Visit wwfs.org for more information about our veteran programs.



CFC# 81534

Domestic Violence Victims Gain Support on NSAB

By **ANDREW DAMSTEDT**
NSAB Public Affairs staff writer

A rekindled Naval Support Activity Bethesda (NSAB) Fleet and Family Support Center (FFSC) support group is seeking to empower women who have survived a domestic violence relationship or are currently in one.

"Domestic violence is such a special topic that a lot of people don't really discuss it," said Talia Bryan, an NSAFFSC licensed clinical social worker and one of the group's moderators. "People that do open up and share that they are in a domestic violent relationship – there are a lot of stigmas associated with it. Because of that, people are so withdrawn from even bringing it up. It's beneficial for women to know they are not alone in the situation."

Sometimes, she said it can be easier for women to open up in a group session with others who have had similar experiences than to open up one-on-one with a social worker.

The other moderator, Lawanda Dezurn, an FFSC domestic abuse victim advocate, said she's seen women empower other group members during a session after sharing their stories of abuse.

"I've seen victims who've come to us prior to the group who have very little motivation to do or go forward with anything, whether it be a protective order or getting out of the situation," Dezurn said.

Then, after hearing of other women's stories, she said those women gain confidence and they've been able to get jobs to support themselves and their children, and go through with a divorce.

"A lot of times they said they didn't have the strength to do that," Dezurn said.

At the start of each session, Dezurn and Bryan go



PHOTO BY ANDREW DAMSTEDT

Fleet and Family Support Center social workers Lawanda Dezurn, left, and Talia Bryan are the moderators for a Women's Empowerment Group that helps women who have been victims of domestic violence.

over different types of domestic violence so people understand that it's not just physical abuse and can occur emotionally, physically, psychologically, sexually and financially.

While the group exists to assist women who have been victims of domestic violence, any woman is invited to attend.

"We call it the Women's Empowerment Group because we want all women to be able to participate in it," Bryan said. "For those who haven't gone through domestic violence, we use a lot of tools showing effective communication and dealing with uncomfortable situations; and learning how to communicate with their partner if they're looking at how to resolve conflict."

The class is more participatory than instructional as the goal is to get women to share their experiences and engage with others. Bryan gave an example of how one woman, who, when she first attended the support group was withdrawn and quiet, but after hearing other women's experiences of abuse, she opened up.

"Her story has now helped someone else, so it's kind of like this domino effect; one person opens up and says something, then someone else gains something and they become empowered by it," Bryan said.

And those relationships have lasted outside of the support group.

"A lot of them tend to build bonds with each other; talk to each other outside of the group," Dezurn said. "We have some women – it's been a year now – and they still talk."

Bryan said the motivation behind the support group is to give women the tools necessary to take control of their situation.

"We've seen women empower other group members right before our eyes," Dezurn said. "We can talk and conduct a group but when they actually share their stories, it's more powerful than what we can ever do."

Any woman with access to Naval Support Activity Bethesda can attend the support group, which meets on Thursdays from 10 a.m. to 11:30 a.m. in Building 11. The last session for this quarter will be May 12, but another eight-week course will be scheduled later in the year. For more information, contact Dezurn or Bryan at 301-319-4087.

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INSURANCE

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medical expenses incurred by others.

Many policies will also cover property or belongings insured even if they are stolen from your vehicle or damaged while they are not on your property.

Whether you are preparing to move off-base for the first time or you've been renting for a long time and are NOT protected by renter's insurance, it would behoove you to consider obtaining a policy as soon as you can. Some questions to ask as you are trying to secure a policy:

How much coverage do I need?

How much will it cost? Most policies will

result in a cost of less than \$1.00 a day!

How does the cost and protection from one insurance company compare to those of another company? (ask for price quotes and discounts) **DO NOT BUY A POLICY BASED SOLELY ON PRICE.**

Ask about deductibles, especially if you are bundling insurance policies.

Ensure that you are working with a reputable insurance company that is authorized to sell insurance in the state where you are reside.

Remember, taking a few moments to do a little research and spending a

small amount of money can save you from stress, frustration and months of trying to recover financially from an incident that resulted in loss or damage to your property. For any assistance you may need in preparing for a move off-base such as budgeting, how to find an apartment or buying insurance, please feel free to contact the Personal Financial Management team at Naval Support Activity Bethesda's Fleet and Family Support Center. Our central number is 301 319-4087. We are standing by to assist!

DEMILIS

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I have been bottling up," said DeMelis. "It was great once I learned that I could see someone and let it all out."

During some of DeMelis' sessions, she finds emotions she wasn't expecting to find.

"When I go I usually end up really opening up and finding stuff that I didn't really know that was building up inside," said DeMelis. "You build up anxiety inside of you and don't even know it until you go see somebody."

DeMelis said that if she could talk to a service member who is struggling with the decision to get

help, she would tell them her story.

"I used to think that if you went and saw behavioral health your career's done and you are put in a category by yourself," said DeMelis. "I went through that [deciding to get help] and I would share my story with them. I would try to help them understand that it is ok to get help."

As challenging as her career has been so far, she draws motivation from the warriors she works with on a daily basis.

"For me it is easy to stay motivated," DeMelis said. "Seeing what these service members go through and [how] they come out on top, it motivates me to serve more. I used to say I can't wait until my 20 years are up, but now I want to stick it out past my 20 years. I want to serve as long as I can."

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AWARDS

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prior year and special funding in dual accounting systems. She is also credited with spearheading corrections of numerous contract documents and designing specialized reports, which resulted in timely receipt of critical supplies by departments across the hospital. "She was instrumental in the successful FY 15 financial closeout and efficient operation of the command while operating under the Continuing Resolution," her commendation adds.

The financial management analyst is also responsible for coordinating and answering special accounting-related data calls from the Navy Bureau of Medicine and Surgery, National Capital Region Medical Directorate and Defense Finance and Accounting Service, as well as WRNMMC. "Ms. Mhanaojyakorn clearly demonstrates superb leadership and technical knowledge in the performance of her duties," her commendation concludes.

Haughton earned WRNMMC's Clinical/Patient Care Senior Civilian of the Year honors. She is a peri-operative nurse in the Main Operating Room at WRNMMC, where she "directs, guides and evaluates the performance of 11 surgeons, nine registered nurses and 15 surgical technicians," her commendation letter explains.

In 2015, Haughton was credited with supervising and coordinating the surgical care of 3,490 procedures for five services. "Her tireless work was instrumental in increasing Operating Room performance by 15 percent; increasing the first case start time efficiency by 48 percent; and decreasing each operating room's turnover time by 10 minutes, thus adding 15 additional hours of surgery per month," the commendation continues. "This is in line with the Enhanced Multi-Service Market strategic goal to fully optimize all operating rooms in the National Capital Region and decrease the right of first refusals. Her efforts prevented network leakage and eliminated unnecessary surgical external resource sharing agreements.

"With 29 years of combined federal service, Ms. Haughton consistently serves as inspiration to the Main Operating Room staff and is an invaluable asset to this organization," the commendation concludes.

In addition to the 2015 civilians of the year, WRNMMC leaders praised its civilians of the quarter for the first quarter of calendar year 2016 at the ceremony. "These civilians represent all that is good at Walter Reed Bethesda and set an example for all to follow. We are appreciative of the efforts and contributions of each candidate," stated David Rohrbaugh, civilian advisor to the WRNMMC Board of Directors.

Quarterly civilian honorees included: Linda Tompkins (Main Operating Room), Administrative/Support Junior Civilian of the Quarter; James Swittenberg (Main Operating Room), Clinical/Patient Care Junior Civilian of the Quarter; Ashley McConnell (Cost Analysis and Program Evaluation), Administrative/Support Senior Civilian of the Quarter; and Ivonne Milette (Maternal Child Nursing), Clinical /Patient Care Senior Civilian of the Quarter.

WRNMMC Sailors recognized as winners of quarterly awards for the second quarter of fiscal year 2016 included: Lt. Cylyne James, Junior Officer of the Quarter; Ensign Alexandra Hansen and Lt. j.g. Paul Seley, Preceptor(s) of the Quarter; Hospital Corpsman (HM) 1st Class Reina Reyes, Sailor of the Quarter; HM2 Pamela Adjibodou, Junior Sailor of the Quarter; and Hospitalman Zachary Mack, Blue Jacket of the Quarter.

Also, Army Sgt. Jasmine Gabaldon (Noncommissioned Officer of the Quarter) and Pfc. Roberto Saenz (Soldier of the Quarter) earned quarterly awards for the first quarter of calendar year 2016 from the U.S. Army Element, Troop Command North at WRNMMC.

Army Col. Richard S. Lindsay, commander of Troop Command North, explained Soldiers who earned the quarterly awards faced three boards

before achieving the recognition. The Soldiers must also pass the Army Physical Fitness Test, a written test, Army Warrior Tasks and Drill, as well as oral boards before earning the quarterly awards.

Red Cross volunteer Helen Nemeth was also recognized as the Volunteer of the Quarter for WRNMMC for the first quarter of calendar year 2016 at the ceremony. She has worked in the Surgical Waiting Room for more than six years, supporting families of patients receiving care at WRNMMC. "Helen's dedication to the service and her quiet calming nature makes her an incredible asset to the Surgical Waiting Room Team," stated Marin Reynes, senior station manager for the American Red Cross at WRNMMC.

"Helen has proven to be an inspiration to others, so much so that one of the family members even joined as a volunteer due solely to the comfort [the family member] received from Helen when [the member's] husband was in surgery," Reynes stated.

Lane added Nemeth has been a volunteer for more than 70 years.

While saluting those who won and others nominated for awards, Lane said the "real winner is the organization – Walter Reed Bethesda," because of "the great things that go on here." He explained "those great things" are made possible by WRNMMC staff members. "Thank you," he said to the WRNMMC staff.

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